

Vermont Department of Education Linking Health & Learning e-Bulletin

June 2009

News and General Announcements

Fit and Healthy Kids School Wellness Awards

This year approximately 20 schools applied for the 2009 Fit and Healthy Kids School Wellness Awards, an award sponsored by Fit and Healthy Kids, the New England Dairy Council, and Vermont's Action for Healthy Kids (AFHK) to recognize schools for creating healthy environments for students. Three top scoring schools received certificates and a financial reward (from Vermont's AFHKs) for their outstanding efforts: Franklin Central School in Franklin was awarded \$500, Ferrisburgh Central School and Bristol Elementary each received \$250. For more information click [here](#) or contact Suzanne Kelley skelley@vdh.state.vt.us or (802) 657-4202.

Update: Well Exam to Replace Sports Physical

Starting with the 2009-2010 school year, it is now recommended that Vermont students receive a "Well Exam" prior to competing in middle or high school sports. The Well Exam replaces what is commonly known as a "Sports Physical." This change is supported by the Vermont Principals' Association, the Vermont Departments of Health and Education, the Vermont Chapters of the American Academy of Pediatrics and Family Physicians, and the Vermont State School Nurses' Association. For answers to frequently asked questions and a copy of the Well Exam - Sports Participation Clearance Form click [here](#).

Update: School Health Screening

Legislation has changed regarding school health screening under Sec. 31. 16 V.S.A. § 1422. This change is taking place to assure that all school health related screenings are aligned with current research and the best practice recommendations from the American Academy of Pediatrics. The ONLY required, population based, school health screening is for hearing and vision. Click [here](#) to view a chart indicating what grades should be screened. No other population based screenings are required nor recommended in the school setting. NOTE: This document also contains information about body mass index (BMI) screening in schools and why they are not recommended best practice. Questions should be directed to Vermont Department of Health school liaisons. Click [here](#) for a list of liaisons.

Update: Department of Health School Liaison List 2009

School nurses and other staff are supported by a consultant with the Vermont Department of Health and Vermont Department of Health school liaisons located in each region of the state. Each school liaison has been assigned to specific supervisory unions and is available to provide technical assistance around health issues to school staff. Click [here](#) for a list of liaisons.

Update: School Health Services Manual – Allergies-Life Threatening Section

The School Health Services Manual reference to the use of epi-pens has been updated. Please replace page 6 of the Allergies- Life Threatening section of the manual. The Manual is available [here](#) For more information contact Deb Quackenbush at (802) 828-5877 or deb.quackenbush@state.vt.us

Health Education Resource Materials Spotlight!

Project Adventure Physical Education Curricula and Achieving Fitness

Thanks to a donation from Project Adventure, the HERC now features four new resources. To request a copy of these or other curricular resources write to DOE-HERC@state.vt.us or call (802) 828-1636

Adventure Curricula for Physical Education - elementary, middle and high school versions contain complete and sequenced lesson plans that are aligned with national and state physical education standards. Activities are designed to address issues such as developing leadership ability, enhancing problem-solving skills and learning to work as a member of a team. Assessment tools are included.

Achieving Fitness: An Adventure Activity Guide is bursting with over 90 new activities that combine the magic of adventure with the rigor of health-enhancing exercises. Lessons address cardiovascular fitness, flexibility, muscular strength and endurance as well as body composition. Assessment tools are included. *Achieving Fitness* is intended to be a guide that supplements and enhances existing fitness programs. The text, designed for middle level through adults, closely supports and references the National Association for Sport & Physical Education's *Physical Best* program. If engagement, fun, and physical fitness gains are important to your program, this is a must-see text. This book also comes with one copy of the *Student Fitness Journal*.

HERC Reminder

Please remember to return Health Education Resource Center (HERC) materials before the end of the school year. HERC is open during the summer, so if you would like to review materials, please feel free to either stop by or request that the resources be mailed to you. If you do plan to visit, contact us first to ensure that someone will be available to assist you at DOE-HERC@state.vt.us or (802) 828-1636.

Fuel Up to Play School Wellness Resource - Free

New England Dairy & Food Council® and the National Dairy Council® have huddled up with the National Football League to help America's students eat right and stay active with a new school wellness program, *Fuel Up to Play!* This free program, available to all K-12 schools, focuses on empowering kids to make smart choices about their nutrition and physical activity. Schools enrolled receive the School Wellness Activation Kit, online marketing tools and other bonus materials. The kit includes a menu of activities and colorful display materials customized with the New England Patriots insignia that inspire students to "get up and play" for 60 minutes a day and to "fuel up" with the food groups kids don't get enough of – low-fat and fat-free dairy products and fruits. For more information about *Fuel Up to Play*, click [here](#) or contact Jill Goodroe, New England Dairy & Food Council, at (802) 863-5416 or jgoodroe@newenglanddairy.com.

Parent and Information Resource Center Vermont

PIRC Vermont helps families become active partners in their child's education, while supporting schools to become fully accessible to every family. The project is one of 62 nationally funded PIRCs in the nation and offers free services to schools and families statewide including:

- Consultations
- Facilitated meetings between all stakeholders
- Research-based tools and strategies
- Workshops and in-service trainings
- Site visits with needs-based assessments

For more information, contact Gayle DiMasi at (800) 800-4005 or www.pircvermont.org.

Venture Vermont 2009 Outdoor Challenge

Vermont youth and their families are encouraged to spend the season outside. This Vermont State Parks program will award participants points for visiting beautiful places and being active outdoors. When participants reach 250 points they will be able to win a free day entry into Vermont State Parks valid for the rest of the 2009 season and for the entire 2010 season! Click [here](#) to learn more about this program and to download a score sheet. If educators would like hard copies of this information or posters to display in school they should contact Rochelle Skinner, Vermont State Parks at (802) 241-3655 or rochelle.skinner@state.vt.us.

Science on the Green 2009

On September 23rd, 2009 the doors will open for a day of Environmental Exploration at the Vermont Agency of Natural Resources (ANR). School classrooms all over Vermont travel to Waterbury for a half-day exploration of science, outdoor recreation, and how all the small things we do, taken together, make a BIG difference. Last year ANR hosted over 600 teachers and students at the Waterbury Complex in 30 different workshops and fieldtrips covering a broad spectrum of environmental issues and recreational opportunities. Registration for this event will start at the end of August. Click [here](#) to watch for updates and register your class, or contact Rebecca Roy (802) 241-3651 rebecca.roy@state.vt.us

Grant and Funding Opportunities

Saucony Run For Good Foundation Offers Funding for Children's Running Programs

Deadline: June 13, 2009

The Saucony Run For Good Foundation is accepting applications for its grant program which was established to help end childhood obesity by providing financial support to organizations that offer running and fitness programs for children. Eligible applicants administer programs whose participants are 18 years of age or younger, have 501(c)(3) status, and can demonstrate that their program positively impacts the lives of participants through increased participation in running. Grants are in amounts up to \$10,000 each. Click [here](#) for more information.

Our Voices Xposed (OVX) Grant

Deadline: June 25, 2009

OVX is Vermont's high school aged youth movement against tobacco use and is part of Vermont's comprehensive tobacco control program to help cut youth smoking rates in half by 2010. In its 8th year, OVX will fund approximately 14 grants for up to \$3,000 each. OVX has also incorporated other topics like nutrition/fitness, healthy relationships, stress management, and drug abuse prevention into the movement. Tobacco prevention activities will continue to be the main focus of OVX, but groups are also encouraged to plan activities that include the expanded topics. The deadline for proposal submission is June 25, 2009, by 4 p.m. To secure a copy of the grant application, contact Angela Sawyer DeSanctis at asawyer@vdh.state.vt.us or Eoana Sturges at esturges@vdh.state.vt.us or (802) 651-1612.

FY 2009-2010 BEST/Act 230 Grant Applications

Deadline: September 15, 2009

Act 230 (reauthorized as Act 157) requires that every local school district have an educational support system for children who require additional assistance in order to succeed in the general education environment. Based on the initial successes of the Vermont Positive Behavioral Supports (PBS) effort, Education Commissioner Armando Vilaseca has designated PBS as the priority area for use of these funds. All BEST/Act 230 Grant Applications must be submitted electronically including an electronic signature of the superintendent. Applications are due by September 15, 2009 and are available [here](#). For more information contact Sabine Baldwin at (802) 828-0183 or sabine.baldwin@state.vt.us.

Heart Rate Monitor Grant for High School Physical Education

Deadline: September 18, 2009

The Vermont Department of Education will provide up to \$9,000 each for three high schools to purchase and implement heart rate monitors in physical education. (Funding is contingent upon legislative budget approval.) The goals of this competitive grant program are to:

1. Document and increase the amount of time high school students spend engaged in moderate to vigorous physical activity during physical education.
2. Develop student self-knowledge, personal goal setting and fitness planning skills for lifetime physical activity.
3. Develop students' 21st century skills of tracking, interpreting and evaluating personal physical activity effort with objective, technological measures.

For more information and to download a copy of the grant application click [here](#). Or contact Lindsay Simpson at (802) 828-1461 or lindsay.simpson@state.vt.us

Healthy Sprouts Award from Gardener's Supply Company

Deadline: October 17, 2009

To encourage the growth of health-focused youth gardens, the National Gardening Association (NGA) recognizes outstanding programs through the Healthy Sprouts Awards, which are sponsored by Gardner's Supply Company. These awards support school and youth garden programs that aim to teach children about nutrition and the issue of hunger in the United States. Eligible applicants include schools or organizations that intend to garden in 2010 with at least 15 children between the ages of 3 and 18. An expected 20 programs will be awarded with gift certificates to purchase gardening materials, nutrition lessons with NGA's Eat a Rainbow Kit, plus seeds and literature. For more information and to access the application click [here](#).

Vermont First Tee National School Program Grant

Deadline: December 15, 2009

Vermont elementary schools are invited to apply for a grant for the Vermont First Tee National School Program for spring 2010. The program goal is to establish a lifelong interest in golf by engaging young people (K-5) in a structured golf curriculum that promotes personal character development within the physical education setting. For more information about the program, click [here](#). Forty-eight Vermont elementary schools currently participate in the program. For more information, contact Richard H. Mihlrad, President, Vermont Golf Association, at (802) 645-1907 or rmihlrad@sover.net.

Professional Development Opportunities

For a Calendar of Vermont Department of Education-Sponsored Events click [here](#)

Summer 2009 Courses for Physical Education and Health Education

Click [here](#) for a list of summer professional development opportunities for physical and health educators in Vermont and New England. Questions about courses that relate to endorsement for health education should be directed to Donna McAllister at (802) 828-1636 or donna.mcallister@state.vt.us.

Building Skills Toward Collaboration: An Appreciative Approach

June 12, 2009

Vermont College

This free, annual event sponsored by the UVM Anti-Violence Partnership and presented by Peter Perkins, Five Dimensions Consultant, and Will Roberts, Vermont Center for Crime Victim Services is designed to help anyone involved with multi-disciplinary teams or other collaborations to acquire new tools for the work. All are welcome - bring a team! The workshop will be held at Vermont College in Montpelier, from 9:00 a.m. - 4:00 p.m. Contact Anne Liske at anne.liske@uvm.edu or (802) 656-4333 to register.

2009 Career and Technical Education Conference

Facing a New Future: Teaching and Learning in the Landscape of Perkins IV

August 13-14, 2009

Killington Grand Summit Conference Center

The Vermont Department of Education and the Vermont Career and Technical Directors Association are co-sponsoring a two-day summer conference for educators that will focus on: Academics in Career and Technical Education (CTE), Effective Instructional Methods, and Assessments in CTE. Attendees who participate in the entire conference can register for 1 college credit from the College of St. Joseph. For a workshop program or registration information, please contact Andrew Hudacs at andrew.hudacs@state.vt.us or (802) 828-3892.

Professional Development Program for Dealing with Children of the Military

October 6-7, 2009

Norwich University

The Military Child Education Coalition's™ Living in the New Normal (LINN)™ training is a two-day professional development program that prepares school guidance professionals,

educators and community members to recognize and address the issues faced by children dealing with separation from a loved one or experiencing trauma, grief and loss due to the loss or injury of a loved one. The MCEC's LINN™ efforts are predicated on the belief that children's inherent attributes of courage and resiliency can be strengthened through deliberate encouragement. To learn more and to register by September 30, 2009 click [here](#) or call Amanda Hulsey at (254) 953-1923.

Lifelines Suicide Prevention Trainings, Fall 2009

September 15-16, 2009

Stowe

October 14-15, 2009

Killington

November 4-5, 2009

Montpelier

The Center for Health and Learning is pleased to announce its fall schedule of trainings for the Vermont Youth Suicide Prevention Project, which is funded by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA). *The Lifelines Program for Suicide Prevention: Creating Communities of Hope* will be offered at the above dates/times. These trainings are considered a prerequisite for the implementation of the *Lifelines* curriculum in Vermont middle and high schools. To register click [here](#). For information on *Lifelines*, as well as the Vermont Youth Suicide Prevention Project, contact: Brian Remer, Center for Health and Learning, at (802) 254-6590 or brian@healthandlearning.org.

Center for Health and Learning (CHL)

The Center for Health and Learning offers educational events and professional development opportunities that are designed to help schools create optimal conditions for learning and assist students and their families to make informed decisions about their health. For a complete schedule, visit the calendar at www.healthandlearning.org or call (802) 254-6590.

As a service to its users, the Department of Education offers links from its Web site to resources and Web sites developed by other organizations. These links are provided as a resource only. Unless specifically stated, the inclusion of such links does not imply endorsement or support of information, products or services offered by an organization other than the Department of Education. Information contained on such linked resources should be independently verified.

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